

A  
LETTER

TO

LORD CATHCART,

PRESIDENT OF THE BOARD OF POLICE IN SCOTLAND,

CONCERNING THE

RECOVERY OF PERSONS DROWNED, AND  
SEEMINGLY DEAD.

By WILLIAM CULLEN, M. D.

FIRST PHYSICIAN TO HIS MAJESTY, AND PROFESSOR  
OF THE PRACTICE OF PHYSIC IN THE UNIVERSITY  
OF EDINBURGH.

TO WHICH IS ADDED,

An EXTRACT from the JOURNALS of the BOARD of PO-  
LICE, containing A PAPER presented by Lord CATHCART,  
to that Honourable Board, on the same Subject.

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LONDON:

Printed for ELLIOT and KAY, Dr. Cullen's Head, No. 332,  
Strand, London; and WILLIAM CREECH, Edinburgh.

1791.

1609/5456.



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DR. CULLEN

TO

LORD CATHCART.

MY LORD;

YOUR Lordship does me a great deal of honour, in asking my opinion about the recovery of drowned persons; and I shall be very happy if I can contribute any thing that may second your Lordship's humane and public-spirited intentions in this matter. With that view, I have drawn up the following reflections, submitting to your Lordship's judgement how far they may be of service to the public.

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It may be generally observed, that few endeavours are used for the recovery of drowned persons; because the by-standers, and even phy-

ficians and surgeons, form conclusions too soon with respect to their death and irrecoverable state. The many instances, however, which have occurred of the recovery of persons, in whom all the ordinary signs of death had appeared, should correct the mistakes on this subject, which are too common, and which, it is hoped, may be entirely removed, if we can engage men to consider, that, from the reason of things, drowned persons are more generally in a recoverable state than has been imagined.

To this purpose, I would have them observe, that in men, and other animals, life does not immediately cease upon the cessation of the action of the lungs and heart, and the consequent ceasing of the circulation of the blood. Though the circulation of the blood is necessary to the support of life, the living state of animals does not consist in that alone, but especially depends upon a certain condition in the nerves and muscular fibres, by which they are sensible and irritable, and upon which the action of the heart itself depends. It is this condition, therefore, which may be properly called *the vital principle in animals*; and as long as this subsists, or, though much weakened, as long as it can be again restored to its activity and vigour, while at the same time the organization of the parts remain entire, it is presumed,

fumed, that the action of the heart and lungs, the circulation of the blood, and therefore all the functions of life, may also, though they have many of them long ceased, be again entirely restored. That, in many cases, the vital principle subsists for some time after the circulation of the blood has ceased, is ascertained by many experiments; and that it can be again restored to all the purposes of life, although its activity has seemingly ceased for some time, is also ascertained by many observations. During what length of time this vital principle may subsist in the human system, after its seeming extinction, cannot be exactly determined. But analogy allows us to suppose it may subsist very long; and the many well-attested facts of the recovery of persons who had been long in a seeming state of death, should prevent our rashly setting bounds to the possibility of the recovery of drowned persons.

FURTHER: From the dissection of drowned men, and other animals, it is known, that very often the water does not enter into the cavity of the lungs, nor even into the stomach, in any quantity to do hurt to the system; and, in general, it is known, that in most cases, no hurt is done to the organization of the vital parts. It is therefore probable, that the death which ensues,


fues, or seems to ensue, in drowned persons, is entirely owing to the stopping of respiration, and to the ceasing, in consequence, of the circulation of the blood, whereby the body loses its heat, and with that the activity of the vital principle. But as this heat and activity in many cases is again recoverable by various means; so, as long as this can be done, it must be possible also to recover drowned persons. Experience, especially of late years, has fully confirmed this opinion. We have now authentic accounts, that since the institution of Societies for the recovery of drowned persons at AMSTERDAM and PARIS, a large proportion, no less than three-fourths of the whole number, to whom the remedies directed by these Societies were applied, had been recovered.

It must be acknowledged, that there are cases, in which, from the destruction of the organization, and perhaps from other circumstances, the recovery of drowned persons may not be possible. But, as it is seldom that such cases can be certainly distinguished, so they are very seldom to be supposed; and although the drowned persons have lain for several hours in the water, attempts ought to be made for their recovery. Even supposing the case very doubtful, the labour of many fruitless attempts is not to be put in competition with one instance of success, where a person is recovered,



vered, who must have certainly died if great pains had not been taken for his recovery.

WITH respect to the particular means to be employed for the recovery of drowned persons, it is to be observed, in the first place, That such as were recommended and practised upon a supposition that the suffocation was occasioned by the quantity of water taken into the body, and therefore to be evacuated again, were very unhappily advised. The hanging up of persons by the heels, or setting them upon the crown of the head, or rolling the body upon a cask, were generally practised, upon a supposition altogether false; or, upon the supposition of a case, which, if real, is apprehended to be irrecoverable. At the same time, these practices were always attended with the danger of bursting some vessels in the brain or lungs, and of rendering thereby some cases incurable, that were not so from the drowning alone. All such practices, therefore, are now very properly disapproved of and forbid.



IN those cases, in which the body has not been long in the water, and in which, therefore, the natural heat is not entirely extinguished, nor the irritability of the moving fibres very greatly impaired, it is possible that a good deal of agitation of the body, may be the only means necessary to restore

+ this supposes that it was on account  
of their swallowing too much water



restore the action of the vital organs; but in other cases, where the heat and irritability have ceased to a greater degree, it is to me very doubtful, if much agitation can be safe, and if any degree of it can be useful, till the heat and irritability are in some measure restored. In all cases, any violent concussion cannot be safe, and, I believe, is never necessary. It may be proper to observe here also, that, in transporting the body from the place where it is taken out of the water, to the place where it may be necessary for applying the proper means of its recovery, all postures exposing to any improper compression, as that of the body's being carried over a man's shoulder, are to be avoided. The body is to be kept stretched out, with the head and upper parts a little raised; and care is to be taken to avoid the neck's being bent much forward. In this manner, laid upon one side, and upon some straw in a cart, it may be most properly conveyed; and the agitation which a pretty brisk motion of the cart may occasion, will, in most cases, do no harm.

FROM the account I have given above of the causes or of the appearances of death in drowned persons, it is evident, that the first step to be taken for their recovery is, to restore the heat of the body, which is absolutely necessary to the activity  
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of the moving fibres. For this purpose, the body, as soon as possible, is to be stripped of its wet clothes, to be well dried, and to be wrapped up in dry, and, if possible, warm coverings: and it is to be wished, in all cases, as soon as the report of a person's being drowned is heard, that blankets should be immediately carried to the water side; so that, as soon as the body is got out of the water, the change of covering, just now mentioned, may be instantly made; or, if the body has been naked when drowned, that it may be immediately dried, and defended against the cold of the air. Besides covering the body with blankets, it will be further of advantage, if it can be done without loss of time, to cover the drowned body with a warm shirt or waistcoat immediately taken from a living person.

WHEN, at the time of a person's being drowned, it happens that the sun shines out very hot, I think there can be no better means of recovering the heat, than by exposing the naked body, in every part, to the heat of the sun, while at the same time all other means necessary or useful for the recovery of life are also employed.

WHEN the heat of the sun cannot be employed, the body should be immediately trans-  
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ported



ported to the nearest house that can be got convenient for the purpose : The fittest will be one that has a tolerably large chamber, in which a fire is ready, or can be made ; and, if possible, the house should afford another chamber, in which also a fire can be provided.

WHEN the drowned body is brought into such a house, and care is at the same time taken that no more people are admitted than are absolutely necessary to the service of the drowned person, every endeavour must be immediately employed for recovering the heat of the body, and that by different measures, as circumstances shall direct.

IF, in the neighbourhood of the place, there be any brewery, distillery, dyery, or fabric, which gives an opportunity of immediately obtaining a quantity of warm water, and a convenient vessel, there is nothing more proper than immersing the body in a warm bath. Even where a sufficient quantity of warm water cannot be had at once, the bath may be still practised, if the accident has happened in or very near a town or village, when a great many fires may be at once employed in heating small quantities of water, for in this way the necessary quantity may be soon obtained. To encourage this practice, it is to be observed, that one part of boiling water is more than sufficient

cient to give the necessary heat to two parts of spring or sea water, as it is not proper to apply the bath at first very warm, nor even of the ordinary heat of the human body, but somewhat under it; and, by the addition of warm water, to bring it gradually to a heat very little above it.

If the drowned body be of no great bulk, it may be conveniently warmed by a person's lying down in bed with it, and taking it near to their naked body, changing the position of it frequently, and, at the same time, chafing and rubbing with warm cloths the parts which are not immediately applied to their warm body.

If none of these measures can be conveniently practised, the body is to be laid upon a bed before a moderate fire, and frequently turned, to expose the different parts of it; and thus, by the heat of the fire gradually applied, and by rubbing the body well with coarse towels, or other cloths well warmed, pains are to be taken for restoring its heat. This will be promoted by warm cloths applied and frequently renewed under the hams and arm pits, and by hot bricks or bottles of warm water laid to the feet.

In the practice of rubbing, it has been proposed to moisten the cloths applied with cam-



phorated spirits, or other such stimulating substances ; but I think this must prove an impediment to the rubbing ; and I would not recommend any practice of this kind, except, perhaps, the application of the vinous spirit of sal ammoniac to the wrists and ankles only.

FOR recovering the heat of the body, it has been proposed, to cover it all over with warm grains, ashes, sand, or salt ; and where these, sufficiently warm, are ready at hand, they may be employed ; but it is very seldom they can be obtained, and the application might often interfere with other measures that may be necessary. All, therefore, that I can propose, with respect to the use of these, is to observe, that bags of warm and dry salt may be amongst the most convenient applications to the feet and hands of drowned persons ; and the quantity necessary for this purpose may be got pretty quickly, by heating the salt in a frying-pan over a common fire.

WHILE these measures are taking for recovering the heat, means are at the same time to be employed for restoring the action of the moving fibres. It is well known, that the intestines are the parts of the body which, both from their internal situation and peculiar constitution, retain the longest their irritability ; and therefore, that,

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in drowned persons, stimulants applied may have more effect upon the intestines than upon other parts. The action, therefore, of the intestines, is to be supported or renewed as soon as possible, as the restoring and supporting the action of such a considerable portion of moving fibres, as those of the intestines, must contribute greatly to restore the activity of the whole system.

For exciting the action of the intestines, the most proper mean is, the application of their ordinary stimulus of dilatation; and this is most effectually applied, by forcing a quantity of air into them by the fundament. Even the throwing in cold air has been found useful; but it will certainly be better if heated air can be employed; and farther, if that air can be impregnated with something which by its acrimony also may be powerful in stimulating the intestines.

From all these considerations, the smoke of burning tobacco has been most commonly applied, and has, upon many occasions, proved very effectual. This will be most properly thrown in by a particular apparatus, which, for other purposes as well as this, should be in the hands of every surgeon, and, at least, should, at the public expence, be at hand in every part of the country where drownings are likely to happen.

pen. With regard to the use of it, I have to observe, that till the tobacco is kindled in a considerable quantity, a great deal of cold air is blown through the box and tube ; and as that, as hinted above, is not so proper, care should be taken to have the tobacco very well kindled, and to blow through it very gently, till the heated smoke only passes through. If, upon certain occasions, the apparatus referred to should not be at hand, the measure, however, may be executed by a common tobacco-pipe, in the following manner : A common clyster-pipe, that has a bag mounted upon it, is to be introduced into the fundament, and the mouth of the bag is to be applied round the small end of a tobacco-pipe. In the bowl of this, tobacco is to be kindled ; and, either by a playing card made into a tube, and applied round the mouth of the bowl ; or by applying, upon this, the bowl of another pipe that is empty, and blowing through it, the smoke may be thus forced into the intestines, and, in a little time, in a considerable quantity.

IF none of these means for throwing in the smoke can be employed, it may be useful to inject warm water to the quantity of three or four English pints. This may be done by a common clyster-bag and pipe, but better by a large syringe ; and it may be useful to dissolve in the  
water

water some common salt, in the proportion of half an ounce to an English pint; and also to add to it some wine or brandy.

WHILE these measures for recovering the heat of the body and the activity of the moving fibres are employed, and especially after they have been employed for some time, pains are to be taken to complete and finish the business, by restoring the action of the lungs and heart.

ON this subject I am obliged to my learned and ingenious colleague Dr. MONRO, who has made some experiments for ascertaining the best manner of inflating the lungs of drowned persons. By these experiments he finds it may be more conveniently done, by blowing into one of the nostrils, than by blowing into the mouth. For blowing into the nostril, it is necessary to be provided with a wooden pipe, fitted at one extremity for filling the nostril, and at the other, for being blown into by a person's mouth, or for receiving the pipe of a pair of bellows, to be employed for the same purpose. Dr. MONRO finds, that a person of ordinary strength can blow into such a pipe, with a sufficient force to inflate the lungs to a considerable degree; and thinks the warm air from the lungs of a living person will be most conveniently employed at first; but  
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when it is not soon effectual in restoring the respiration of the drowned person, and that a longer continuance of the inflation is necessary, it may be proper to employ a pair of bellows, large enough at once to contain the quantity of air necessary to inflate the lungs to a due degree.

WHETHER the blowing in is done by a person's mouth, or by bellows, Dr. MONRO observes, that the air is ready to pass by the gullet into the stomach; but that this may be prevented, by pressing the lower part of the larynx backward upon the gullet. To persons of a little knowledge in anatomy, it is to be observed, that the pressure should be only on the cricoid cartilage, by which the gullet may be straitened, while the passage through the larynx is not interrupted.

WHEN, by blowing thus into the nostril, it can be perceived by the raising of the chest or belly that the lungs are filled with air, the blowing in should cease; and, by pressing the breast and belly, the air received into the lungs should be again expelled; then the blowing and expulsion should be again repeated; and thus the practice is to be continued, so as to imitate, as exactly as possible, the alternate motions of natural respiration.

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It is hardly necessary to observe, that when the blowing into the nostril is practised, the other nostril and mouth should be accurately closed.

If it should happen, that in this practice the air does not seem to pass readily into the lungs, Dr. MONRO informs me, it is very practicable to introduce directly into the glottis and trachea a crooked tube, such as the catheter used for a male adult. For this he offers the following directions : The surgeon should place himself on the right side of the patient, and introducing the forefinger of his left hand at the right corner of the patient's mouth, he should push the point of it behind the epiglottis ; and using this as a directory, he may enter the catheter, which he holds in his right hand, at the left corner of the patient's mouth, till the end of it is passed beyond the point of his forefinger ; and it is then to be let fall, rather than pushed into the glottis ; and through this tube, by a proper syringe applied to it, air may be with certainty blown into the lungs. I observe, that some such measure had been proposed by Mons. LE CAT in France ; but I have not learned that it has ever been put in practice ; and I am afraid it may be attended with several difficulties, and must be left to the discretion of surgeons, who may be properly provided and instructed for this purpose.



For throwing air with more certainty into the lungs, it has been proposed to open the wind-pipe in the same manner as is done in the operation which the surgeons call *Bronchotomy*; and by this opening to blow into the lungs; and when the blowing into the nostril does not seem to succeed, and a skilful operator is at hand, I allow that the measure may be tried; but I can hardly suppose that it will be of any advantage when the blowing in by the nostril has entirely failed.

It is to be hoped, that by blowing into the lungs one way or other, even a quantity of water, which had been taken into the lungs, may be again washed out; and the same seems to be the only effectual means of washing out that frothy matter which is found to fill the lungs of drowned persons; and which proves, if I mistake not, the most common cause of their mortal suffocation. This practice therefore, is to be immediately entered upon, and very assiduously continued for an hour or two together.

I HAVE now mentioned the measures chiefly to be pursued and depended upon for the recovery of drowned persons; but must still mention some others that may prove considerable helps to it.

ONE of these is, the opening the jugular veins

to relieve the congestion, which almost constantly occurs in the veins of the head, and is probably a frequent cause of the death of drowned persons. For relieving this congestion, the drawing some blood from the jugulars very early, may certainly be of service; and it will be particularly indicated by the livid and purple colour of the face. It may even be repeated, according to the effect it seems to have in taking off that suffusion: but when the drowned person is, in some measure, recovered, and some motion of the blood is restored, it will be proper to be very cautious in making this evacuation; and at least to take care not to push it so far as to weaken too much the recovering, but still weak, powers of life.

ANOTHER measure for recovering the activity of the vital principle, is the application of certain stimulants to the more sensible parts of the body; such as holding the quick-lime spirit of sal ammoniac to the nose, or putting a little of it upon a rag into the nostrils. It has been usual to pour some liquids into the mouth; but it is dangerous to pour in any quantity of liquid, till it appear that the power of swallowing is in some measure restored.

When a surgeon is at hand, and is provided with a proper apparatus, a crooked pipe may be

introduced into the gullet; and by this a gill or two of warm wine may be poured down into the stomach, and probably with advantage.—But when no such apparatus is at hand, or surgeon to employ it, and the power of swallowing is still doubtful, the trial of pouring liquids into the mouth should be made by a small quantity of warm water alone; and when, from such trial, the power of swallowing shall appear to be recovered, it may then be allowable to favour the further recovery of the person by pouring in some wine or brandy. In short, till some marks of the recovery of swallowing and respiration appear, it will not be safe to apply any stimulants to the mouth, excepting that of a few drops of some acrid substance to the tongue, and which are not of bulk enough to slide back upon the glottis. I can think of no stimulant more conveniently and safely to be applied to the mouth and nostrils, than a moderate quantity of tobacco-smoke blown into them.

THOUGH I do not imagine that drowned persons are ever hurt by the quantity of water taken into their stomach, yet, as a stimulus applied to the stomach, and particularly as the action of vomiting proves a stimulus to the whole system, I can have no objection to the French practice, of throwing in an emetic as soon as any swallowing

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ing is restored. For this purpose, I would successively throw in some tea-spoonfuls of the ipecacuanha wine; and when it does not interfere with other necessary measures, the fauces may be gently irritated by an oiled feather thrust into them.

WITH regard to the stimulants, I must conclude with observing, that when a body has lain but for a short time in the water, and that therefore its heat and irritability are but little impaired, the application of stimulants alone has been often found effectual for the recovery: but, on the contrary, when the body has lain long in the water, and the heat of it is very much extinguished, the application of any other stimulants than that of tobacco-smoke to the intestines can be of very little service; and the application of others ought never to interfere with the measures for recovering heat, and the motion of respiration.

With respect to the whole of these practices, I expect, from the principles upon which they are in general recommended, it will be understood, that they are not to be soon discontinued, though their effects do not immediately appear. It is obvious, that in many cases it may be long before the heat of the body, and the activity of the



vital principle, can be restored, although in a longer time it may very possibly be accomplished. In fact, it has often happened, that though means employed for one hour have not succeeded, the same continued for two or more hours have at length had the wished-for effects. It should therefore be a constant rule in this business, that the proper means should be employed for several hours together, unless it happen, that, while no symptoms of returning life appear, the symptoms of death shall, at the same time, go on constantly increasing.

IN the whole of the above, I have kept in view chiefly the case of drowned persons; but it will be obvious, that many of the measures proposed will be equally proper and applicable in other cases of suffocation; as those from strangling, the damps of mines, the fumes of charcoal, &c.; and a little attention to the difference of circumstances, will lead to the measures most proper to be employed.

THESE, my Lord, are the reflections on the state of drowned persons, and of the most proper means for their recovery, which, after mature consideration, have arisen to me. The directions proposed to be promulgated by advertisement in the several Counties and Royal Burghs  
in



in Scotland, of which your Lordship has been pleased to show me a copy, appear to me very judicious, and perfectly adapted to the purpose intended. I shall be very happy to find, that my entering a little further into the explanation of principles, or the detail of practice, has your Lordship's approbation. I have the honour to be, with profound respect,

*My LORD,*

*Your Lordship's*

*Most obedient, and*

*Most humble Servant,*

EDIN. Aug. 8,  
1774.

WILLIAM CULLEN.

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be, with personal respects,

Yours

John Lubbock

WILLIAM GALLIE

August 11, 1774.

## E X T R A C T

FROM THE

JOURNALS OF THE BOARD OF POLICE,

CONCERNING

THE RECOVERY OF PERSONS

DROWNED AND SEEMINGLY DEAD,

P R E S E N T,

LORD CATHCART, Prefes,

EARL of LAUDERDALE,

EARL of LEVEN,

**L**ORD Cathcart presented to the Board, a paper relative to *persons drowned* and recoverable, though *seemingly dead*, with a letter from Dr. Cullen, his Majesty's first Physician for Scotland, before whom the paper had been laid for his opinion upon the subject; which having been read,

ORDERED,

THAT the said paper and letter be printed, and that the clerk do send copies of it to all the She-

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riffs

in business, of which your knowledge has been  
a great help to me. I am very  
grateful, and particularly so to the person  
to whom I have been very happy to find, that  
you have given a little of your own explanation  
of the matter, and the result of your  
investigation appears to be that the honor is  
all your own.

Yours truly,  
WILLIAM CHILDS



August 11, 1774.

# EXTRACT

FROM THE

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riffs of Counties, Magistrates of Royal Burghs, and Moderators of Synods and Presbyteries, in Scotland; and that he do prepare a book for registering such communications as he may hereafter receive from any Sheriff, Magistrate, or Minister; and particularly such accounts of successful cases as may be transmitted to him.

RESOLVED,

THAT it is the opinion of this Board, in consequence of the communications they have had with Dr. Cullen, that the following articles constitute a proper apparatus for the recovery of drowned persons; and that Lawrie, junior, and Company, druggists, at the Head of Niddry's Wynd, Edinburgh, are proper persons to furnish the same, at the prices annexed, viz.

1. A fumigator; consisting of a small pair of bellows, a brass box and handle, a flexible tube, and ivory pipe, — — — — — 0 10 6
2. A spare flexible tube and pipe, 0 2 0
3. Four wooden pipes for blowing into the nostrils, — — — — — 0 1 6

4. Two

4. Two vials of flint glass, with  
ground stoppers, containing spirits  
for smelling, — — — 0 1 6

5. Two flint vials, with ground stop-  
pers, containing spirits, to be ap-  
plied to the wrists, &c. — — — 0 4 0

All these included in a box, value 0 4 0

Separately, a pair of bellows for blow-  
ing into the lungs, — — — 0 6 0

£ 1 9 6

D 2

PAPER.

## P A P E R

PRESENTED BY

LORD CATHCART,

AND REFERRED TO IN THE

PRECEDING MINUTE.

IT has long been known, that persons drowned, strangled, frozen, or suffocated by noxious vapours, are capable of being brought back to life, though seemingly dead, by renewing their animal heat, and putting their blood again into motion, upon the same principles that persons fainting are recovered from a swoon; and that, in winter, birds of the sleeping kind, cold, motionless, and dead in appearance, are, by gentle warmth, restored to their usual circulation and vivacity.

OUR senses testify, that heat and motion are necessary to life; and that where those principles are extinct, death is the certain consequence. It is therefore easy to conceive, that in bodies yet entire, where those circumstances are only suspended, from an accidental cause, not extinguished, by dissolution, from disease, they may, by proper counteracting application, if taken in time,



time, be restored; nor has it yet been determined how much time may elapse before that recoverable state ceases, or how long the proper endeavours may be used, without producing the desired happy effect, and yet produce it at last; circumstances which ought to recommend trial in every case, where from wounds, or putrefaction, it does not manifestly appear impossible to succeed, and perseverance, though success should not follow so soon as might have been expected.

THESE truths, obvious in themselves, are confirmed by the records of philosophical societies, by traditions in almost every village, and by the experience of almost every individual: and yet, though no nation in any age could be suspected of insensibility to the joy of restoring a father to the fatherless, a husband to the widow, or a living child to the bosom of its mournful parents; yet no effectual steps were ever taken to turn the public attention to this object, and to make proper arrangements for the immediate succour of unfortunate persons to whom such accidents befall, till the year 1767, when the Dutch instituted a Society at Amsterdam in favour of drowned persons; which, by an advertisement, informed the inhabitants of the United Provinces of the methods proper to be used on such occasions, and offered rewards to those who should, with or without

without success, use those methods for recovering persons drowned, and seemingly dead.

THE laudable and humane example of the Dutch was followed, in the year 1768, by the Magistrates of Health in Milan and Venice; afterwards by the Magistrates of Hamburgh, in the year 1771; by those of Paris, (where, betwixt the 16th of June 1772, and the 25th of March 1773, of twenty-eight persons drowned in the Seine, no less than twenty-three were restored to life); and lastly, this summer, by a Society in London.

THERE is no country which, from its situation, surrounded by the sea, and every where intersected by rivers, lakes, and bays, calls more loudly for effectual measures, for affording immediate relief to persons seemingly dead from drowning, than Scotland; no nation more likely eagerly to adopt such measures, if proposed; nor any where, from the nature of its government, such measures may so easily be carried into execution; and by the following steps:

LET the Board of Police compose a proper advertisement, founded on the principles of those of other countries, containing the necessary advice to the public, and informing them of the reward offered by way of encouragement to those who shall follow it; and of the names of the persons to be immediately applied to, in cases

cases of accidents, in different districts; and order a sufficient number of copies of this paper, and of the advertisement, to be printed; and let copies of the minutes of the Board on this subject be sent to the Sheriffs of Counties, to the Magistrates of Royal Burghs, and to the Moderators of Synods and Presbyteries, all over Scotland, with a recommendation from the Board to request the said Sheriffs, Magistrates, and Moderators, whose respective districts may adopt the measure, to signify it to the Board, and to communicate such cases as may, from time to time, occur, with the success, that a general register and record may be kept for the information of the public.

So shall it be optional to the Sheriffs and Magistrates to lay it before their respective Counties and Burghs, at proper meetings, in order that it may be respectively adopted and enforced, and a proper provision made to supply the expence of procuring instruments, and issuing rewards in case a life is saved, or attempted to be saved, &c. and to the Moderators of Synods and Presbyteries, to recommend it to their clergy to explain the advice to their elders and parishioners, to prevail with them (in opposition to the old custom or superstition) not to refuse to open their doors for the reception of such objects as are the victims of such accidents, and to discontinue the usage of hanging

hanging them up by the heels, rolling them upon barrels, or violently shaking them; and to render the whole as familiar to their understandings as possible, that numbers of them may be able, as well as the gentlemen of the Faculty, to give immediately the necessary relief, in which the Clergy cannot fail to have assistance of these gentlemen.

WHEN it is considered that no expence (the first purchase of an apparatus excepted) can be incurred, unless in the case of an accident happening, and relief being given, or attempted to be given, to an unfortunate sufferer, it is probable that the Noblemen and Gentlemen of the respective counties, and also the Royal Burghs, will cheerfully affect themselves to answer the demands, which, within their districts, may be made in consequence of the advertisements for so valuable and humane a purpose.

THERE can be no doubt that the Clergy will, with their usual zeal and activity of charity, contribute their useful assistance, and the Medical Gentlemen lend their endeavours; which together, more than the reward, will excite men of all ranks to concur in carrying universally and uninterruptedly into execution, at a very small expence and trouble to the public, a plan by which many may be recalled from the gates of death, and their relations relieved from the depth of distress.

PLAN



PLAN of an ADVERTISEMENT from a  
General Meeting of a County.

“ MINUTES of the General Meeting of  
at the Town day  
of

P R E S E N T,

Preses.

“ THE Meeting having taken into considera-  
“ tion, that there are many incontestable proofs  
“ of the recovery of persons to life and health,  
“ who have been taken out of the water for  
“ dead, although they have been a considerable  
“ time without even the least sign of life; and  
“ as there is the utmost reason to believe that  
“ great numbers, in such circumstances, might  
“ have been restored, had they not been treated  
“ in an improper and pernicious manner, or too  
“ hastily given up for lost, unanimously resolve  
“ to make public the following rules for treat-  
“ ing such cases, now practised in several coun-  
“ tries of Europe with amazing success, and  
“ which are happily of such a nature that they  
“ may be begun immediately, even by persons  
“ not acquainted with the medical art, though  
“ it is always adviseable to seek the assistance of  
“ some regular practitioner as soon as possible;  
E “ bleeding

“ bleeding being always proper, and sometimes  
“ necessary.

“ 1st. In removing the body to a convenient  
“ place, great care must be taken that it be not  
“ bruised, nor shaken violently, nor roughly  
“ handled, nor carried over any one’s shoulders,  
“ with the head hanging downwards, not rolled  
“ upon the ground, or over a barrel, nor lifted  
“ up by the heels that the water may run out of  
“ the stomach.

“ BOTH reason and experience prove, that all  
“ these methods are extremely dangerous, and  
“ often destroy the small remains of life.

“ THE unfortunate object should be cautiously conveyed by two or more persons, or in  
“ a carriage upon straw, lying as on a bed, with  
“ the head a little raised, and kept in as natural  
“ and easy a position as possible.

“ 2d. THE body, being well dried with a  
“ cloth, should be placed in a due degree of  
“ heat, but not too near a large fire: the windows  
“ or doors of the room should, however be left  
“ open, and no more persons be admitted into it  
“ than those who are absolutely necessary, as the  
“ life of the patient greatly depends upon their  
“ being exposed to a pure air—the warmth, most  
“ promising success, is that of a bed or a blanket  
“ properly warmed—Bottles or bladders of hot  
“ water, or hot bricks wrapt in cloths, should be  
“ laid

“ laid at the soles of the feet, in the joints of the  
 “ knees, under the arm-pits, &c. The shirts or  
 “ clothes of an attendant, the skin of a sheep  
 “ fresh killed, the natural and kindly warmth of  
 “ a healthy person lying by the side of the body,  
 “ has been found, in many cases, very efficacious.

“ SHOULD these accidents happen in the neigh-  
 “ bourhood of a warm bath, brew-house, baker,  
 “ glass-house, salter, sope-boiler, or any other  
 “ fabric where warm lees, ashes, grains, sand,  
 “ water, &c., are easily procured, it would be  
 “ of the utmost service to place the body in either  
 “ of these, moderated to a degree of heat, but  
 “ very little exceeding that of a healthy person,  
 “ viz. 98 deg. of Farenheit's thermometer.

“ 3d. THE subject being placed in one or  
 “ other of these advantageous circumstances as  
 “ speedily as possible, various stimulating me-  
 “ thods should then be employed. The first  
 “ and most efficacious are, to blow with force  
 “ into the lungs, by applying the mouth to that  
 “ of the patient, closing his nostrils with one  
 “ hand, and gently expelling the air again, by  
 “ pressing the chest with the other, imitating  
 “ the strong breathing of a healthy person.

“ WHILE one assistant is constantly employed  
 “ in this operation, another should throw the  
 “ smoak of tobacco up by the fundament into  
 “ the bowels by means of a tobacco pipe or fu-

“ migator, such as are used in administering to-  
 “ bacco clysters : a pair of bellows will serve  
 “ until the others can be procured. A third  
 “ attendant should, in the mean time, rub the  
 “ body, chest, back, and arms, with a coarse  
 “ cloth or flannel dipped in brandy, rum, gin,  
 “ salt and water, or strong vinegar, so as not to  
 “ rub off the skin : spirit of hartshorn, ammo-  
 “ niacal salts, or any other stimulating substance,  
 “ must also be applied to the nostrils, and  
 “ rubbed upon the temples very frequently—  
 “ the body should at intervals be shaken also,  
 “ and varied in its position.

“ N. B. BRONCHOTOMY, or opening a pas-  
 “ sage to the lungs through the wind-pipe, may  
 “ be necessary, when the air will not pass by the  
 “ mouth into the chest ; but this must be always  
 “ left to the judgement of a surgeon.

“ 4th. If there be any signs of returning life,  
 “ such as gaspings, twitchings, or any convul-  
 “ sive motions, the return of the natural colour  
 “ and warmth, and of the pulse, bleeding, either  
 “ in the arm or jugular vein, or temporal artery,  
 “ now becomes particularly necessary. The  
 “ throat should also be tickled with a feather,  
 “ in order to excite a propensity to vomit ; and  
 “ the nostrils also with a feather, snuff, or any  
 “ other stimulant, so as to provoke sneezings.  
 “ A tea-spoonful of warm water may be admi-  
 “ nistered



“ nistered now and then, in order to learn whe-  
 “ ther the power of swallowing be returned;  
 “ and if it be, a table spoonful of warm wine,  
 “ or brandy and water, may be given with ad-  
 “ vantage, but not before, as the liquor might  
 “ get into the lungs before the power of swal-  
 “ lowing returns. The other methods should  
 “ be continued with vigour, until the patient be  
 “ gradually restored; and even in cases where  
 “ immediate success does not follow the endea-  
 “ vours used, they ought not to be remitted for  
 “ two hours or upwards, as frequently, after that  
 “ term, symptoms of life have appeared.

“ AND, in order to excite a more general at-  
 “ tention to this important object, the Meeting  
 “ farther resolve,

“ THAT the first messenger, who shall bring  
 “ intelligence of a drowned person being taken  
 “ out of the water to the surgeon or minister of  
 “ the parish in which the disaster happens, shall  
 “ be entitled to the reward of Half a Crown.

“ THAT the person or persons who, during  
 “ the space of two full hours, shall have used  
 “ the means above mentioned, for the recovery  
 “ of any person, man, woman, or child,  
 “ drowned, and taken out of the water, within  
 “ the county, (the districts of royal boroughs  
 “ excepted) shall receive, though success should  
 “ not

“ not follow, the sum of Two Guineas, and of  
 “ Four Guineas if the person is saved.

“ THAT any publican or other (to whom it  
 “ is earnestly recommended to consider that the  
 “ delay of a few minutes may be of fatal conse-  
 “ quence) who shall receive into his house,  
 “ without hesitation, an unfortunate object of  
 “ this sort, shall be allowed all necessary ex-  
 “ pences, and One Guinea for his trouble.

“ THAT such bills and rewards, upon certifi-  
 “ cates from the minister of the parish where the  
 “ disaster happened, application being made to  
 “ the clerk of the county within a week, shall  
 “ be paid by him within fourteen days of such  
 “ application.

“ THAT as the above means of restoration are  
 “ equally applicable to various other cases of  
 “ apparent deaths, such as hanging, suffocation  
 “ by damps and noxious vapours, whether pro-  
 “ ceeding from coal mines, the confined air of  
 “ wells, cisterns, caves, or the must of ferment-  
 “ ing liquors, and also to the frozen, (which last  
 “ must first be rubbed with snow, or spunged with  
 “ cold water, till unfrozen, and then gradually  
 “ brought into warmth, and assisted by the other  
 “ means); any person or persons who shall have  
 “ received into their house, or recovered a person  
 “ supposed dead, from any of the above causes,  
 “ shall,

“ shall, upon a similar certificate and application, receive the same reward.

“ RESOLVED, That Laurie, junior, and Company, druggists, at the head of Niddry’s Wynd, Edinburgh, be immediately wrote to for a number of sets of their apparatus, equal to double the number of parishes this country contains, at the price of 1l. 9s. 6d. each; that two sets be distributed to each parish; and that it be recommended to the several parishes, to add to advertisements, which shall be fixed up within their respective bounds, the names of such of their inhabitants as shall have declared their willingness to receive unfortunate objects into their houses, and provide them with every necessary; and of such gentlemen who shall have declared themselves ready to assist in the medical way, in case of disasters; and also of the minister and surgeons in whose houses sets of a proper apparatus shall be lodged.

“ RESOLVED, That printed copies of the minutes of this Meeting be fixed upon the church doors, in the market place, and other proper places, in each parish within the shire.”

THE above form of an advertisement, from a County Meeting, will answer the same purpose, *mutatis mutandis*, from a Royal Borough.

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